

Mock Southern Sweet Potato Pie

Rating: ★★★★★

Makes: 16 servings

Ingredients

Crust:

1 1/4 cups flour (all purpose)

1/4 teaspoon sugar

1/3 cup milk, non-fat

2 tablespoons vegetable oil

Filling:

1/4 cup sugar (white)

1/4 cup brown sugar

1/2 teaspoon salt

1/4 teaspoon nutmeg

3 egg (large, beaten)

1/4 cup evaporated milk, non-fat (canned)

1 teaspoon vanilla extract

3 cups sweet potatoes, cooked, skin removed and mashed

Directions

Preheat oven to 350 degrees.

Crust:

1. Combine the flour and sugar in a bowl.

2. Add milk and oil to the flour mixture.

3. Stir with fork until well mixed and then form pastry into a smooth ball with your hands.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	140	
Total Fat	3 g	5%
Protein	4 g	
Carbohydrates	26 g	9%
Dietary Fiber	2 g	8%
Saturated Fat	0.5 g	3%
Sodium	110 mg	5%

4. Roll the ball between two 12 inch squares of waxed paper using short, brisk, strokes until pastry reaches edge of paper.
5. Peel off top paper and invert crust into pie plate.

Filling:

1. Combine sugars, salt, spices and eggs.
2. Add milk and vanilla. Stir.
3. Add sweet potatoes and mix well.
4. Pour mixture into pie shell.
5. Bake for 60 minutes or until crust is golden brown.
6. Cool and cut into 16 slices.

National Heart, Lung and Blood Institute (NHLBI), Heart Healthy Home Cooking African American Style, p.24-25